



FOR IMMEDIATE RELEASE

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Thank You for Supporting Breast Cancer Awareness Month

Columbia, S.C. – October 13, 2005 – Thank you, South Carolina, for supporting Breast Cancer Awareness Month. Through charity walks and events throughout our state, literally thousands of citizens have raised awareness and funds to help cure, treat and prevent this deadly disease. Breast cancer is the most diagnosed cancer among women, with an estimated 3,280 new cases in South Carolina in 2004 alone. Like so many others, I personally relate to the effects of this disease – this past spring, my first cousin died of breast cancer at age 51.

Unfortunately, there is no sure way to avoid breast cancer. Some risk factors we cannot change, like family history or older age. However, we can lower our risk through choices like exercising regularly, eating nutritiously, maintaining a healthy weight, limiting alcohol consumption, and if possible, breastfeeding babies instead of formula feeding.

Although breast cancer is the 3rd largest cause of death among women, there is a 96 percent chance of survival if detected early. In their 20's, women should begin monthly self-examinations and be screened by a doctor every three years. At age 40, women should be screened annually. If you have breast cancer risk factors, please get checked earlier and more often. For more information, contact the Komen Foundation at 1-800-462-9273 or visit www.healthysc.gov.

Let's continue the good work throughout the year of promoting breast cancer awareness, encouraging healthier lifestyles and urging the early detection that can save lives.

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The Healthy SC Challenge is the Sanford family's effort to motivate all South Carolinians to do a little more to live a healthier lifestyle. The Challenge is meant to encourage counties, individuals, communities and organizations across the state to engage in friendly competition to improve health in three categories - nutrition, exercise and smoking cessation. Individuals and groups can find tips for healthier living, report success stories and register upcoming events on the Challenge's website: www.healthysc.gov. For more information on the Healthy SC Challenge, please contact Meghan McGuire at 803-737-2325 or healthysc@gov.sc.gov.